FREE SPIRIT OF THE WEST SHOW STOPS TRAFFIC

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VANCOUVER • TUESDAY, OCTOBER 7, 2008

Celebrity Pg 18

Hills star denies betraying friend

Canucks trade for Shane O'Brien

HOCKEY The Vancouver Canucks acquired hard-nosed defenceman Shane O'Brien from the Tampa Bay Lightening for often-injured blue-liner Lukas Krajicek.

The Canucks also sent minor-league forward Juraj Simek to the Lightning for right-winger Michel Ouellet.

Shane O'Brien

Lukas Krajicek

O'Brien, 25, has played in 158 NHL games, scoring six goals and 31 assists, along with 330 penalty minutes.

Krajicek was part of the 2006 trade that brought goaltender Roberto Luongo to Vancouver from Florida.

The 25-year-old native of Prostejov, Czech Republic, collected two goals and 13 assists in 39 games during an injury-filled season last year.

METRO VANCOUVER

Election 2008 pg 6

- **National Report by Lawrence Martin**
- **Polls show tight race**

Canada page 5

Beheading suspect found fit for trial

Please recycle

JEFF HODSON/METRO VANCOUVER

Elementary music teacher Graham McRae at home in Burnaby yesterday with the keyboard he used to compose Eleventh Hour, one of five semi-finalists in CBC's competition to find a new anthem for Hockey Night In Canada

Race for the anthem

JEFF HODSON
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The Burnaby composer of a song that could be the new theme of Hockey Night in Canada is surprised at the sour note the top five songs have struck in the heartstrings of certain fans.

Graham McRae, 48, a Burnaby man who teaches music at a pair of Surrey elementary schools, is the composer of Eleventh Hour, one of five semi-finalists in CBC's hockey anthem challenge.

"It wasn't just me," said McRae, whose song was chosen from more than 15,000 submissions. "All of us have received a whole bunch of negative feedback, really serious, negative feedback."

McRae believes some of the criticism may have come from the fans of other musicians, or even other musicians themselves.

"It's too heavy, too long, too short. All sorts of opinions from all over the map," he said. "Everyone equally got tarred and feathered."

CBC launched the anthem challenge after negotiations for Vancouver's Dolores Claman's The Hockey Theme fell apart and rights to the song were purchased by CTV.

> **"It was a song that was more than a song."**
> Graham McRae

McRae said replacing Claman's anthem is "the most monumental of tasks."

"It was a song that was more than a song," he said. "It was a song that had associations for everybody. How does any song step into those shoes?"

Eleventh Hour, which McRae said took him three "murderous" weeks to write, aims to conjure a call to arms and create a sense of anticipation.

Final week

- Voting finishes tonight at midnight with two finalists announced during HNIC on Thursday.
- A second round of voting will follow and the winner will be announced during Saturday's HNIC.

ShareYourViews
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B.C.'s outlook 'not that bad': Economist

As long as job growth remains strong there will not be a recession in B.C., a local economist said yesterday, as North American stock markets continued their tumble.

Toronto's stock exchange suffered its largest intraday point-drop in two decades — at one point plunging almost 11 per cent yesterday before rebounding to close down 5.3 per cent, almost 573 points. At the low, the drop was second only to the 'Black Monday' crash of Oct. 17, 1987.

Dave Hobden, an economist with Central 1 Credit Union, said the market outlook is "not that bad" as long as the labour market remains strong.

"As long as people are working and keeping their jobs, we probably won't go into recession," Hobden said.

"If there was a major softening in employment and people started losing their jobs — which is not forecast to happen — that would be more serious.

"That would be a recessionary situation."

The plunging markets, he added, are more likely to hurt recent retirees, people who are in the process of transforming their retirement savings into income.

"Eventually that will come back. If you play your cards right and hold off on selling your assets as far as possible until stock prices recover, then you'll get some amelioration for the current situation."

JEFF HODSON/METRO VANCOUVER WITH FILES FROM TORSTAR NEWS SERVICE

MORE COVERAGE PAGE 8

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INFO NIGHT

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Vancouver Community College

Food bank needs help filling empty shelves
Cash and food donations are down by about 20 per cent at the Vancouver Food Bank. Arlene Kravitz, a spokesperson for the organization, said they feed up to 2,000 people every week, 41 per cent of whom are children. METRO NEWS SERVICES

Local

Clinton visits

Former U.S. President Bill Clinton will be speaking at the Business Council of B.C. Summit at the Vancouver Convention Centre on Friday, Oct. 17. Clinton will be discussing corporate responsibility. Clinton was last in town on Nov. 1, 2007 when he spoke to the Vancouver Board of Trade. METRO VANCOUVER

Sullivan shoots for MLS team

SPORTS Mayor Sam Sullivan is meeting with Major League Soccer Commissioner Don Garber in New York City this morning to help the Whitecaps score an MLS franchise.

"We want to give a strong message that Vancouver wants a Major League Soccer franchise," said Sullivan, who is stopping in New York on his way to Europe for a meeting of the Olympic city mayors in Switzerland.

"We're a town that really loves soccer and we want to be a part of the league."

Vancouver Whitecaps FC announced in July a partnership with NBA superstar Steve Nash to bid for an MLS expansion franchise in 2011. In May, the club announced a deal that would see them move into a renovated B.C. Place while continuing work on a soccer-specific stadium.
JEFF HODSON / METRO VANCOUVER

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What's online today.

Watch as the parties look to capitalize on economic woes at metronews.ca/canada
Read investment adviser Allan Small as he explains the basics of the U.S. bailout plan at metronews.ca/live
Play online Word Roundup!

Carpooling keeps city 'at its best'

KRISTEN THOMPSON
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An impromptu free Spirit Of The West concert literally stopped traffic in downtown Vancouver yesterday — which, in a way, was just the idea.

The North Shore rock band, whose high-energy drinking anthem Home For A Rest has been blasting from university bars for 18 years, played at Thurlow Street and Georgia Street to promote Ride-Share Week. The Ride-Share program promotes carpooling in the city.

The band's lead singer, John Mann, said Vancouverites should be proud of their city, and joining a carpool is one way to keep it beautiful and clean.

"This will seriously help our city in terms of our health and traffic congestion," he said.

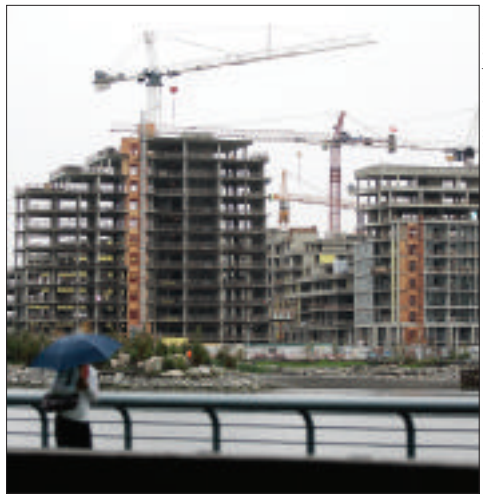
"You can cut your driving costs and share the companionship of a fellow passenger. Who knows where it might lead."

Drew Snider, a spokesperson for TransLink, said Ride-Share is about improving transportation, which is TransLink's mandate.

"The more cars we can get off the roads, the easier it is to move people around," he said.

RAFE ARNOTT / METRO VANCOUVER

John Mann, lead singer of Spirit of the West, belts out a song during a free street concert to promote Ride-Share Week in downtown Vancouver yesterday.



RAFE ARNOTT/METRO VANCOUVER

The under-construction Olympic Village in False Creek is about $100 million over budget.

Transparency needed for Village: Robertson

KRISTEN THOMPSON
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Vision Vancouver mayoral candidate Gregor Robertson is calling for transparency at City Hall over whether taxpayers will have to bail out the developer of Olympic Village.

Last week, city council met behind closed doors to discuss what will happen if the Millennium Development Corp. building in False Creek can't pay back its bank.

"There's … some real concerns about the project being over budget by as much as $100 million, and whether the developer has the financing to complete the project," he said,

"The real concern is whether the people of Vancouver are on the hook for (it) … and I hope to hear commitment that we have an open process to evaluate the situation."

Building a village

- The athlete's village is a $1-billion, 1,100-unit development, which will become private residences after the 2010 Games.

News in brief

BLAST At least three people were injured in Whistler yesterday after an explosion at La Bocca Restaurant in the Village. RCMP believe a gas leak in the kitchen caused the explosion just after 2 p.m. The victims were taken to hospital and police and firefighters are investigating.

TRIAL The first witness testifies today in the trial of accused Maple Ridge pedophile Christopher Neil in Bangkok.

ASSAULT Police are looking for a man responsible for a violent sexual assault in Stanley Park. On Sunday evening, a woman was lured into a wooded area near Second Beach and assaulted by a man saying he needed help. METRO VANCOUVER

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Testing toll road online
Metro Vancouver residents are being invited to test drive the new Golden Ears Bridge online. The site, translink.ca/goldenearsbridge, shows what it will be like to cross the new electronically tolled bridge, which will be finished next summer. METRO VANCOUVER

News in brief

ARREST A 23-year-old Vancouver woman has been arrested in connection with the stabbing death of a 32-year-old Surrey man.

BREAK AND ENTER The RCMP has arrested a woman caught in the act of breaking into a Chilliwack home. She was seen breaking in through a window.

HEALTH Up to 89 for-profit health clinics, including 29 in B.C., may have violated the Canada Health Act by selling medically necessary services.

BLAZE Firefighters were called to Dix pub in Vancouver yesterday after a fire broke out in the popular restaurant's chimney.
METRO VANCOUVER

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MONICA MARTINEZ/FOR METRO VANCOUVER

Federal NDP leader Jack Layton at a lunch time rally in the riding of Vancouver-Kingsway yesterday.

Layton pushes family values

MONICA MARTINEZ
for Metro Vancouver

Election 2008

NDP Leader Jack Layton stopped in the Vancouver-Kingsway riding yesterday to ask supporters to stand up for "kitchen table" family values.

Layton drew cheers from the capacity crowd at the Grand Buffet restaurant in East Vancouver as he compared his platform with the Conservative agenda.

"It's a choice between the boardroom table or the kitchen table and kitchen table priorities of working families will always be at the top of my list," he said.

Conservatives are ahead of the NDP by 24 per cent in B.C., according a Harris-Decima survey released yesterday.

Burnaby-New West NDP MP Peter Julian, who was at yesterday's rally, dismissed those numbers saying that "recent polls show us as very close."

An EKOS poll released Oct. 5 projected the NDP one seat ahead of the Tories in B.C.

"It's clear in B.C. the fight is between the Conservatives and NDP," Julian said.

"Our challenge is to get people that may have voted Liberal or Green in the past to support (the) NDP."

Public opinion

- In B.C., the Conservatives have 46 per cent support, NDP 22 per cent, Greens 16 per cent and the Liberals 15 per cent, according to a Harris-Decima poll released yesterday.
- The EKOS poll released Oct. 5 projects the NDP taking 16 seats in B.C., Conservatives 15, Liberals 5, Greens 0 seats.

Cause of student death still unknown

DEATH Investigators said yesterday they still don't know why a popular 16-year-old West Vancouver Secondary student died suddenly on the weekend.

Carla Benavides was found unresponsive by her mother in their home on Saturday at about 9 a.m. after a night of partying. She was taken to Lions Gate Hospital where she was pronounced dead.

The West Vancouver Police Department and the B.C. Coroners Service are working to determine the cause of death.
METRO VANCOUVER

Case of murdered teen starts in court

COURT The trial of a Lower Mainland man charged with second-degree murder has started in Kamloops, cknw.com reports.

The Crown alleges a partial fingerprint and DNA belonging to Brian Townsend was found on a piece of duct tape in a ditch where Vivien Marzuch, 15, was found in 2000.
METRO VANCOUVER

Man arrested in connection with abduction
An Edmonton man was arrested yesterday and faces sexual assault charges in connection with Sunday's abduction of a seven-year-old girl, police said. SOURCE: CBC NEWS ONLINE

Canada

Inspectors urge changes to food safety system

Deadly food outbreaks like the Maple Leaf listeria tragedy will likely repeat in Canada if rules aren't tightened immediately, federal food inspectors warned yesterday.

The strongly worded caution came on the heels of a Torstar News Service/CBC report that the Canadian Food Inspection Agency had quietly dropped its requirement that food producers must report positive bacterial tests to government inspectors. The requirement was dropped last April — four months later, people began dying from listeria linked to Maple Leaf's Toronto plant.

"Food inspectors should be notified when test results for listeria and other bacteria in meat processing plants are positive," said Bob Kingston, president of the Agriculture Union, which represents federal food inspectors.

"Food inspectors should be notified when test results for listeria and other bacteria in meat processing plants are positive."
Bob Kingston, president of the Agriculture Union

"This requirement, which was cancelled by CFIA, should be restored immediately, and CFIA should invest the resources to ensure inspectors monitor clean-ups after positive tests."

When questioned about the policy, officials from the food inspection agency said the rules could soon be strengthened. Under the existing post-April 1 policy, food-processing companies don't have to report positive tests to inspectors, but inspectors are allowed to look at test records.

"If there are any shortfalls in the system, we will correct them," Tom Graham, the agency's national inspection manager, said on the weekend. "Major changes are being looked at right now in the listeria policy." TORSTAR NEWS SERVICE

Beheading suspect to stand trial

CRIME The man accused of beheading a passenger on a Greyhound bus over the summer has been found fit to stand trial.

Vince Li, a former Edmonton newspaper carrier, has been imprisoned in Portage La Prairie since July, awaiting results of a psychiatric evaluation that would determine whether he is fit to stand trial.

In his first court appearances, Li said nothing, except mumbling "please kill me" when within earshot of court officials.

Li stands accused of repeatedly stabbing to death a fellow Greyhound bus passenger, Tim McLean, on a bus en route from Edmonton to Winnipeg.

It's alleged that Li beheaded McLean, then taunted police with the head before slicing off parts of his face and eating them.

He is expected in court next on Nov. 6.

Both the Crown and the defence asked that the assesment not be released to the public, as it may jeopardize Li's right to a fair trial. METRO CANADA

Watch a report on the recent abduction in Edmonton at metronews.ca/canada

Calgary **Protesters hang out**

ROBIN KUNSKY/FOR METRO CANADA

Emerging Artists Elaine Weryehko, 24, and Nicky Renault, 24, who plays Ditto the clown, were among protestors outside Calgary city hall Monday, protesting a lack of financial support from the Harper government for arts and culture across the country.

News in brief

MONTREAL The murder trial of an alleged Hells Angels member got underway in Montreal yesterday, with more than 150 witnesses expected to testify over the next few months, CBC News Online reports. Paul Fontaine is accused of killing Pierre Rondeau, a prison guard, in 1997 at the height of Quebec's biker wars.

REVIEW Ontario's chief forensic pathologist, who was the first to suggest a review of old "shaken-baby" deaths, says the province has a "daunting" task ahead as it looks at 220 cases to determine if anyone was wrongfully convicted. The review will be a massive undertaking, not just because of the number of cases, but also because shaken-baby syndrome continues to be hotly debated in medical and scientific circles, Dr. Michael Pollanen says.

ONTARIO Finance Minister Dwight Duncan is warning that Ontarians should brace themselves for a provincial budget deficit because of the global finance crisis. METRO NEWS SERVICES

Which is the sexiest party?

Attempting to showcase the sexiness of the Canadian body politic, SexiestParty.ca lets supporters of the five major political parties compete with one another for the title of Sexiest Party of Canada. Individuals can upload their photos, which will be judged by the web-based masses. METRO NEWS SERVICES

Election 2008

Harper caught tinkering

There's worry in the Conservative camp as support numbers dwindle

NationalReport

It was supposed to be a coronation. Harpo the Incrementalist in a walk. A storyline that most everyone in the media ran to on the campaign's opening weekend. The Conservatives were at 40 per cent — and eating steak. The others? Kraft cheese slices.

But complacency is a dangerous commodity in politics. Preaching the status quo, as the Conservatives have done, works OK — so long as tumult doesn't hit.

But Wall Street went under and this country is feeling the thunder — check those crashing TSX numbers — and our prime minister, the Great Tinkerer as someone labelled him, was caught tinkering. No plan! One wasn't necessary, he said. Land is strong.

But even Stéphane Dion had a five-point plan for the economy. No great shakes, but something! And Jack Layton and Elizabeth May jumped in, making the point that not only was there no economic plan, but not even a Conservative campaign platform. And how presumptuous, how arrogant, said they, is that!

Then a rare thing happened. Stephen Harper relented. A platform is coming today. It may be the latest point ever that a platform has been released in an election. But there is worry in the Conservative camp. They're still leading. But the party numbers and the prime minister's personal numbers have both dropped significantly since the opening gun. There's a good chance they can win back the momentum this week. But if they don't, they'll lose seats in this election — and Harper, who appeared headed for a majority only a week or two ago, will be ushered out as Tory leader.

While the media focus has been on the problems plaguing Dion, Harper's setbacks accumulated. Lots of mistakes by his underlings, the troubling plagiarism charge that linked him strongly to the Iraq war, listeriosis jokes, the insults about people who go to galas, no big new promises, no vision. Then he got a terribly unlucky break when the American economy tumbled. Then he John-McCained himself by saying all was well. Don't worry, be happy.

And so now, what seemed nutty to contemplate a few days ago — a Liberal victory — is not so nutty anymore. The much-mocked Dion inches forward. Breaks finally come his way. While he wants change, the other team is stuck in the status quo. The status quo didn't look so bad a month ago. Now it is starting to remind people of 1930.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

News in brief

VANDALISM Spray paint, homophobic slurs and more than a few rocks littered the campaign trail in Nova Scotia over the weekend. In Liberal MP Scott Brison's hometown of Cheverie, N.S., nine campaign signs were defaced Saturday night with the word "fag" written in pink spray paint. Brison is openly gay. In Halifax, rocks were thrown through the windows at the headquarters of Conservative Ted Larsen and Liberal Catherine Meade.

MESSAGE In a major economic speech in Toronto today before his platform's official release, Prime Minister Stephen Harper suddenly has a huge task: To convince Bay Street and Main Street he gets it. Last night, in Laval, Que., Harper warned the stock market gyrations of recent days are "just the tip of the iceberg" if the opposition parties get their way.

WEB Since launching a week ago, VoteForEnvironment.ca has received more than 1.2 million page views and more than a quarter of a million unique visitors.

METRO NEWS SERVICES

Dynamic shifts for Stéphane Dion

Prime Minister Stephen Harper's popularity is dropping with the stock market, giving Liberal Leader Stéphane Dion a bounce in his step and a boost in the polls.

The shifting dynamic translated yesterday on the campaign trail as Dion made the economy the focus of stump speeches in Victoria, charging that Harper is standing by in the face of unprecedented economic turmoil.

"For the last weeks, we told him he needs to wake up and say to Canadians that indeed we have tough times and indeed the government will help," he said.

Stéphane Dion

Dion, who ditched his teleprompter speech aid a week ago, has been speaking with more enthusiasm and confidence as his party's popularity improves.

"This kind of speech, when I speak with my heart and my love for my country ... I don't need teleprompters," he said on the weekend, when asked about the change.

Dion and the Liberals have struck a chord with their focus on the economy and their own 30-day "action plan."

But it's also apparent from the polls that as voters have gotten to know Dion in this campaign, they've grown to like him.

TORSTAR NEWS SERVICE

Numbers

Grits gain on Tories in latest polls

RACE Two polls yesterday showed a tighter election race than earlier in the campaign, and point to the Conservatives winning a minority government rather than the majority that seemed to be in the cards earlier.

The largest of the surveys, one taken Friday through Sunday by Ekos, suggests televised election debates on Wednesday and Thursday failed to shake the race up, with the Conservatives still 10 percentage points ahead of the Liberals, 35-25.

However, a Harris-Decima/Canadian Press poll puts the Conservative lead at only 7 points (32-25) — down from 15 points just three days earlier.

And a Nanos poll has the gap at only 5 points (34-29).

Ekos projects the Conservatives would take 130 of the 308 seats in the House of Commons, well short of the 155 needed for a majority, but ahead of the 78 projected for the Liberals and 42 for the NDP. The Bloc Québécois would take 58.

REUTERS

How will parties capitalize on economic woes? Watch at metronews.ca/canada

7 days remain until the 2008 Canadian federal election

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High court split on tobacco case

The U.S. Supreme Court seemed closely divided as it heard arguments yesterday over whether tobacco firms can be sued under state law for deceptive advertising of "light" cigarettes, a case that could affect some 40 suits around the country seeking billions of dollars. A ruling is expected early next year. REUTERS

World/Business

Crisis rocking world markets

Governments around the world grasped at new measures to contain the fast-spreading credit crisis, but stock, bond and commodity markets saw investors bet on deepening uncertainty and a sharp downturn.

U.S. officials called for a "forceful and co-ordinated" global reaction to the crisis as the Dow Jones industrials average closed down 3.5 per cent yesterday. U.S. stocks staged a late rally to cut earlier losses by half.

The S&P 500 closed down almost four per cent in the first Wall Street session since the U.S. Congress approved a $700-billion US bailout intended to reassure markets that help was on the way.

Instead, a crisis that began with the overheated U.S. property market and the $11-trillion mortgage market was still rocking confidence worldwide.

"The ground underneath our feet is moving like an earthquake," said acting U.S. Treasury Undersecretary for Domestic Finance Anthony Ryan.

Trading was halted in markets as far away as Brazil and Russia when stocks plunged. REUTERS

Peso pounded

• Mexico's currency, the peso, sank to its weakest level since the currency was allowed to float in the mid-1990s yesterday, and stocks plunged.

News in brief

DISASTER A powerful earthquake killed at least 72 people in Kyrgyzstan and levelled a village in the remote mountains of the Central Asian state, the health ministry said yesterday. The quake, measuring 6.3 according to the U.S. Geological Survey, jolted an area between Kyrgyzstan, Tajikistan and Uzbekistan. REUTERS

AIDS pioneers, cancer scientist split Nobel

HEALTH Two French scientists who discovered the AIDS virus and a German who found a virus that causes cervical cancer were awarded the 2008 Nobel prize for medicine yesterday.

Luc Montagnier, director of the World Foundation for AIDS Research and Prevention, and Francoise Barre-Sinoussi of the Institut Pasteur won half the prize of $1.4 million US for discovering the virus that has killed 25 million people since it was identified in the 1980s.

Dr. Harald zur Hausen of the University of Duesseldorf shared the other half of the prize for work that went against the established opinion about the cause of cervical cancer.

The discoveries made it possible to diagnose both infections, and led to the development of two vaccines that prevent cervical cancer, and more than 20 drugs that can keep HIV patients healthy. REUTERS

Business

Business in brief

MARKETS The Toronto Stock Exchange plunged nearly 1,200 points today, the S&P/TSX composite index's biggest one-day point drop on record, on fears of a U.S. recession. The index clawed back, to close 572.92 down at 10,230.43. No sector was left unscathed — financials, metals, energy and industrials all dropped in the panic. REUTERS

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By Alan Bennett

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

A financial dream team

Even the smartest of cookies needs a little help navigating the financial world. So when you are looking for a professional to weigh in with advice, knowing who to turn to can be almost as confusing as getting advice in the first place. So here's who you may want to add to your roster:

FINANCIAL ADVISERS

When They Can Help:

• Investment portfolio management and advice: Not sure how much you should be investing in stocks, bonds, GICs? Financial Advisors will assess your financial goals and focus on providing you with investment advice to match. They are compensated on an annual basis by a percentage of the assets they manage for you.

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When They Can Help:

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• Money management: You're not interested in single-handedly managing your own finances. You need help monitoring investments and alerts when it's time to shift your portfolio, the markets change or your needs may change.

• Guidance through life changes: You're a new parent contemplating if someone can stay at home. You're going through a divorce and are adjusting to your new financial setup. You want information and guidance with new tax, property, and retirement issues.

Where to find financial advisors and planners:

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• Financial Planners Standards Council (fpsccanada.org/find_a_cfp_professional).

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Sports

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This one time at band camp...

YorkReport

Marty York

marty.york@metronews.ca

Bizarre allegations of hazing, alcohol abuse and inappropriate sexual behaviour cost the University of Wisconsin football team big time the other night.

And it wasn't even the football players who were charged with the wrongdoings. It was, er, the marching band.

For their alleged indiscretions, the band was banned. Yep, for the first time in 40 years, the Wisconsin band was prohibited from performing at a home football game because, reports allege, female band members were forced to kiss each other during a recent road trip to gain access to the bus bathroom, because at least one female was forced to mimic fellatio on a sex toy and because a tuba player had his head shaved against his will.

I've never really seen any concrete value in marching bands at sporting events — to me, they're about as useful as national anthems and maybe cheereleaders — but Wisconsin players insist they suffered against Ohio State the other night because of the musicians' absence.

71 The CFL-record number of passes caught Saturday in Hamilton. The Tiger-Cats' Quinton Porter completed 27. Montreal Alouettes quarterback Anthony Calvillo completed 44. The previous record was 70, set in 1993.

"Without them," receiver Nick Toon was quoted as saying, "it was too quiet and we didn't have the home-field advantage we should have had."

Wisconsin squandered a 10-7 halftime lead before falling 20-17.

• O.J. Simpson was so confident he'd beat the rap again that he had an acquittal party planned.

Simpson associate Thomas Riccio even invited U.S. radio-show host Anthony Crivello to join O.J.'s entourage for the party when the two were finished with an interview Friday night.

"That's how certain he was," Crivello said Saturday, after Simpson and co-defendant Clarence "C.J." Stewart were found guilty of all charges, including armed robbery and kidnapping with a deadly weapon. "The party was all prepared."

• The Boston Bruins are seeking to trade veterans Peter Schaefer and P.J. Axelsson … U.S. television viewers finally will get to see Hockey Night in Canada coverage in their homes this year, thanks to the new NHL Network, owned by the league … TSN likely will carry parts of an interesting ESPN interview tonight, when former Montreal Expos reliever Ugueth Urbina will speak from a Venezuelan prison, where he is spending a 14-year sentence for attempted murder … The Winnipeg Blue Bombers' Milt Stegall, leading receiver in CFL history, tried to help Sportsnet's poor ratings on the weekend by holding one of the network's microphones, looking into one of its cameras and suggesting with a straight face that hockey "isn't a sport." He compared it to darts. Don't know if the strange revelation helped Sportsnet, but it sure didn't help Stegall's image. Made himself look bush-league.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Eagles' Westbrook has fractured ribs

NFL Philadelphia Eagles running back Brian Westbrook suffered fractured ribs on Sunday against Washington and his status for this week's game against San Francisco is uncertain.

Westbrook

Despite the injury, which apparently occurred in the first quarter, Westbrook finished the game with 33 yards on 12 carries and a team-best six catches for 51 yards. This is the second injury for Westbrook this season. He hurt his right ankle in the Week 3. METRO NEWS SERVICES

SCOREBOARD

MLB

AMERICAN LEAGUE
DIVISIONAL SERIES PLAYOFFS
BEST OF FIVE
L.A. Angels vs. Boston
LAST NIGHT'S GAME
Boston 3 L.A. Angels 2
(Boston wins series 3-1)
Tampa Bay vs. Chicago W. Sox
LAST NIGHT'S RESULT
Tampa Bay 6 Chicago Sox 2
(Tampa Bay wins series 3-1)
NATIONAL LEAGUE
DIVISIONAL SERIES PLAYOFFS
BEST OF FIVE
Chicago Cubs vs. L.A. Dodgers
(Dodgers win series 3-0)
Philadelphia vs. Milwaukee
(Philadelphia leads series 3-1)
x — only played if necessary.)

CFL

WEEK 16
FRIDAY'S GAMES
Toronto at Winnipeg, 4:30
Edmonton at B.C.., 7:30
MONDAY'S GAMES
Hamilton at Montreal, 10
Saskatchewan at Calgary, 1:30

NFL

AMERICAN CONFERENCE
EAST DIVISION

	W	L	T	PCT
Buffalo	4	1	0	.800
New England	3	1	0	.750
N.Y. Jets	2	2	0	.500
Miami	2	2	0	.500

SOUTH DIVISION

	W	L	T	PCT
Tennessee	5	0	0	1.000
Indianapolis	2	2	0	.500
Jacksonville	2	3	0	.400
Houston	0	4	0	.000

NORTH DIVISION

	W	L	T	PCT
Pittsburgh	4	1	0	.800
Baltimore	2	2	0	.500
Cleveland	1	3	0	.250
Cincinnati	0	5	0	.000

WEST DIVISION

	W	L	T	PCT
Denver	4	1	0	.800
San Diego	2	3	0	.400
Oakland	1	3	0	.250
Kansas City	1	4	0	.200

NATIONAL CONFERENCE
EAST DIVISION

	W	L	T	PCT
N.Y. Giants	4	0	0	1.000
Washington	4	1	0	.800
Dallas	4	1	0	.800
Philadelphia	2	3	0	.400

SOUTH DIVISION

	W	L	T	PCT
Carolina	4	1	0	.800
Tampa Bay	3	2	0	.600
Atlanta	3	2	0	.600
New Orleans	2	3	0	.400

NORTH DIVISION

	W	L	T	PCT
Chicago	3	2	0	.600
Green Bay	2	3	0	.400
Minnesota	2	3	0	.400
Detroit	0	4	0	.000

WEST DIVISION

	W	L	T	PCT
Arizona	3	2	0	.600
San Francisco	2	3	0	.400
Seattle	1	3	0	.250
St. Louis	0	4	0	.000

WEEK 5
LAST NIGHT'S GAME
Minnesota 30 New Orleans 27
WEEK 6
SUNDAY'S GAMES
Chicago at Atlanta, 10
Miami at Houston, 10
Detroit at Minnesota, 10
Oakland at New Orleans, 10
St. Louis at Washington, 10
Cincinnati at N.Y. Jets, 10
Baltimore at Indianapolis, 10
Carolina at Tampa Bay, 10
Jacksonville at Denver, 1:05
Green Bay at Seattle, 1:15
Dallas at Arizona, 1:15
Philadelphia at San Francisco, 1:15
New England at San Diego, 5:15
MONDAY'S GAME
N.Y. Giants at Cleveland, 5:30

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:
USL CHAMPIONSHIP
SUNDAY'S GAME
Puerto Rico at VANCOUVER at 4

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Cyclist Schumacher allegedly failed doping test

German cyclist Stefan Schumacher failed a doping test at this year's Tour de France, his team manager was quoted as saying yesterday. Schumacher won both individual time trials in this year's Tour. REUTERS

Sports in brief

NFL Buffalo Bills head coach Dick Jauron was noncommittal yesterday on the status of quarterback Trent Edwards, who left Sunday's loss to the Arizona Cardinals with a concussion. Edwards completed three straight passes to start Sunday's game against Arizona, but took a nasty blow to the head on his third pass. METRO NEWS SERVICES

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Bay day, Bay day

B.C. native scores winning run for Red Sox

Red Sox 3 Angels 2

MLB Boston introduced a new late-game hero, as Jed Lowrie's seeing-eye single to right scored Jason Bay of Trail, B.C., with the winning run in the ninth frame, as the Red Sox advanced to the American League Championship Series with a 3-2 victory last night over the Los Angeles Angels of Anaheim in Game 4 at Fenway Park.

Bay, the man who replaced much-maligned yet still terrorizing hitter Manny Ramirez in a three-team trade prior to the trade deadline, scored the winning run as part of a solid series.

He hit a bloop tight to the right-field line that bounced just to the side of Reggie Willits, who was put into the game as a pinch-runner in the top of the frame. The ball caromed into the seats for a ground-rule double.

"It's a funny game. It's all a matter of keeping a steady approach," Lowrie said of his mind set prior to the last at-bat.

ADAM HUNGER/REUTERS

Boston Red Sox Jason Bay slides to score the game winning run in the ninth inning of last night's game.

Rays 6, White Sox 2 — B.J. Upton hit two solo homers, and the Tampa Bay Rays defeated the Chicago White Sox, 6-2, to clinch their first berth in an American League Championship Series in franchise history.

Andy Sonnanstine (1-0) held the White Sox to two runs on three hits in 5⅔ innings, with four strikeouts and a walk, to win Game 4, for the Rays, who are making their first postseason appearance.

Tampa Bay will battle division rival Boston in the ALCS. METRO NEWS SERVICES

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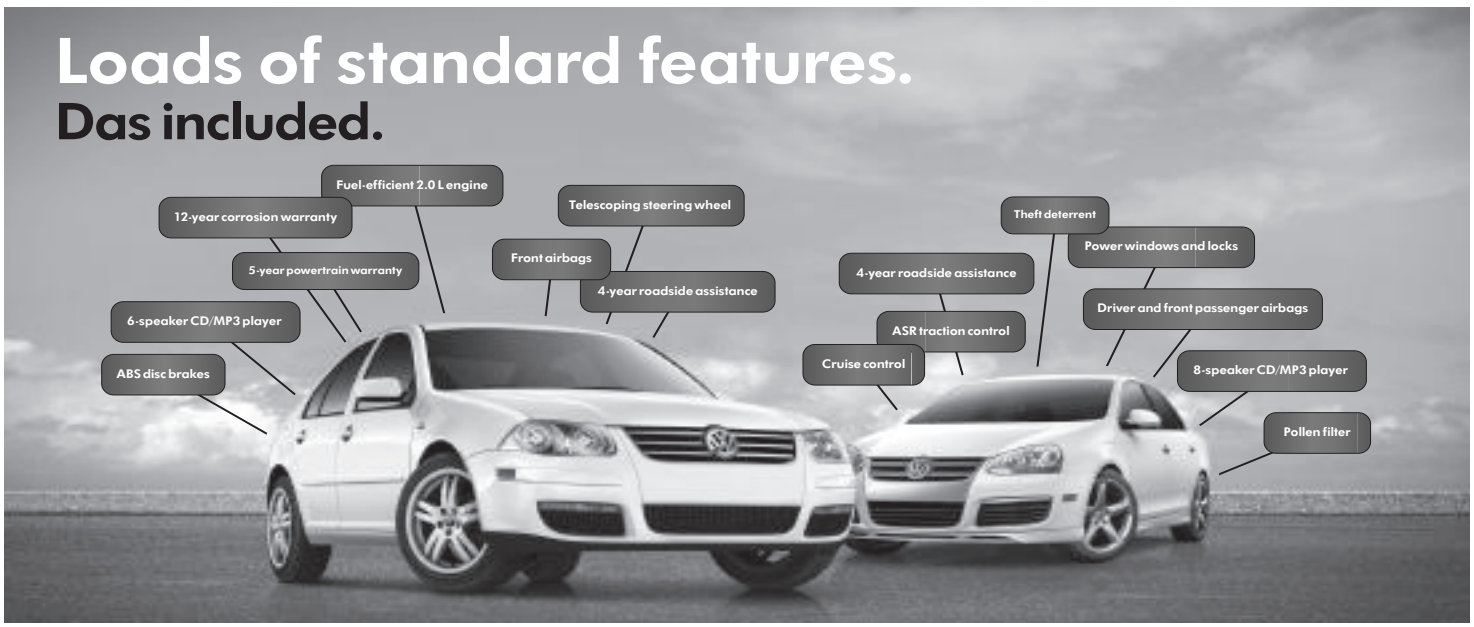

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Exercise soon after stroke may boost outlook

If people who have had a stroke can get out of bed and be walking within 24 hours, their psychological well-being is likely to improve, according to an Australian study. In the early period after stroke, patients are often kept in bed. REUTERS

Health

What's good for your skin?

Ever wonder which of the thousands of beauty and skin care products out there actually work? Author Paula Begoun debunks all myths and offers readers scientifically-researched reviews on many of these products in the 7th edition of Don't Go to the Cosmetics Counter Without Me, $29.95. Available at Chapters/Indigo and at *Cosmeticscop.com*. METRO NEWS SERVICE

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Gene test for commitment?

The J Spot
Josey Vogels
Sex talk with Josey

I can see it now. You meet a nice guy, you're out on your first date together, things are going swimmingly and by about dessert you're thinking: I could see this going somewhere. At which point you give him your best come hither look, gently take his hand in yours and stab him with a pin prick to draw some blood so you can test his commitment status.

Don't laugh. It could just be a matter of time before some entrepreneurial spirit takes advantage of the recent findings of a team of U.S. and Swedish researchers and makes this scenario possible.

According to a study of about 500 single and married men, the same gene that affects a rodent's ability to mate for life may affect human males' ability to commit. Seems there is a certain prairie vole that mates for life. The male is very attentive, looks after the pups and helps with feeding; in other words, every woman's dream mate. Then there is the meadow vole, a scamp of a vole that's only interested in one-night stands. Turns out the only difference between these voles is in a gene that plays a role in determining whether or not the vole is a commitment-phobe. Human males have a similar gene and the guys in the study with the meadow vole version of the gene earned low scores on their partner bonding scale, and were less likely to be married at all.

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Commitment phobia: More nature than nurture?

As if guys need more reasons to avoid commitment. Imagine: "Oh sorry baby, I cheated on you but I can't help myself. I'm genetically programmed to stray." Luckily, as a colleague of mine so eloquently once put it, we are more than simply "hairy bags of water." As such, attributing one's behaviour entirely to genetics is a cop out. In fact, one could argue that our ability to commit has more to do with what's going on in our jeans than in our genes.

As far as I'm concerned, commitment is more about choice than anything else. It's about deciding that your current relationship is worth more than the fleeting excitement you get from a new partner. But as a culture we like new: The newest technology, trends and brand of soap. When it comes to relationships, new is without baggage, and isn't someone who knows you so well you hardly get away with any crap anymore.

Commitment doesn't mean you won't ever be attracted to anyone else ever again, or that your partner won't bore you or drive you crazy a good percentage of the time. It does mean, though, that when he or she does, you won't automatically bail, or start shopping for a new model. Because remember, the person you're with was also new once.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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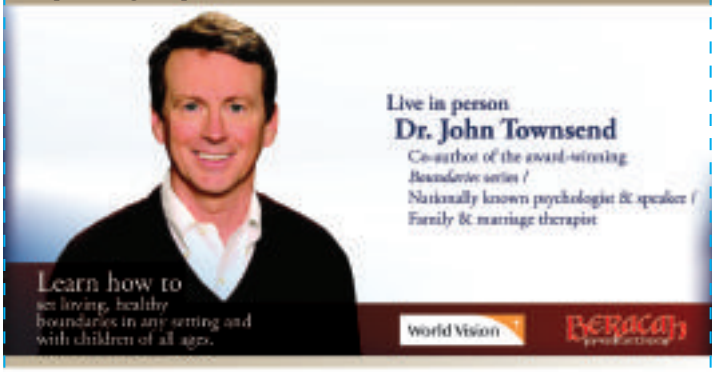
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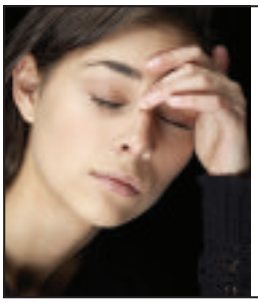
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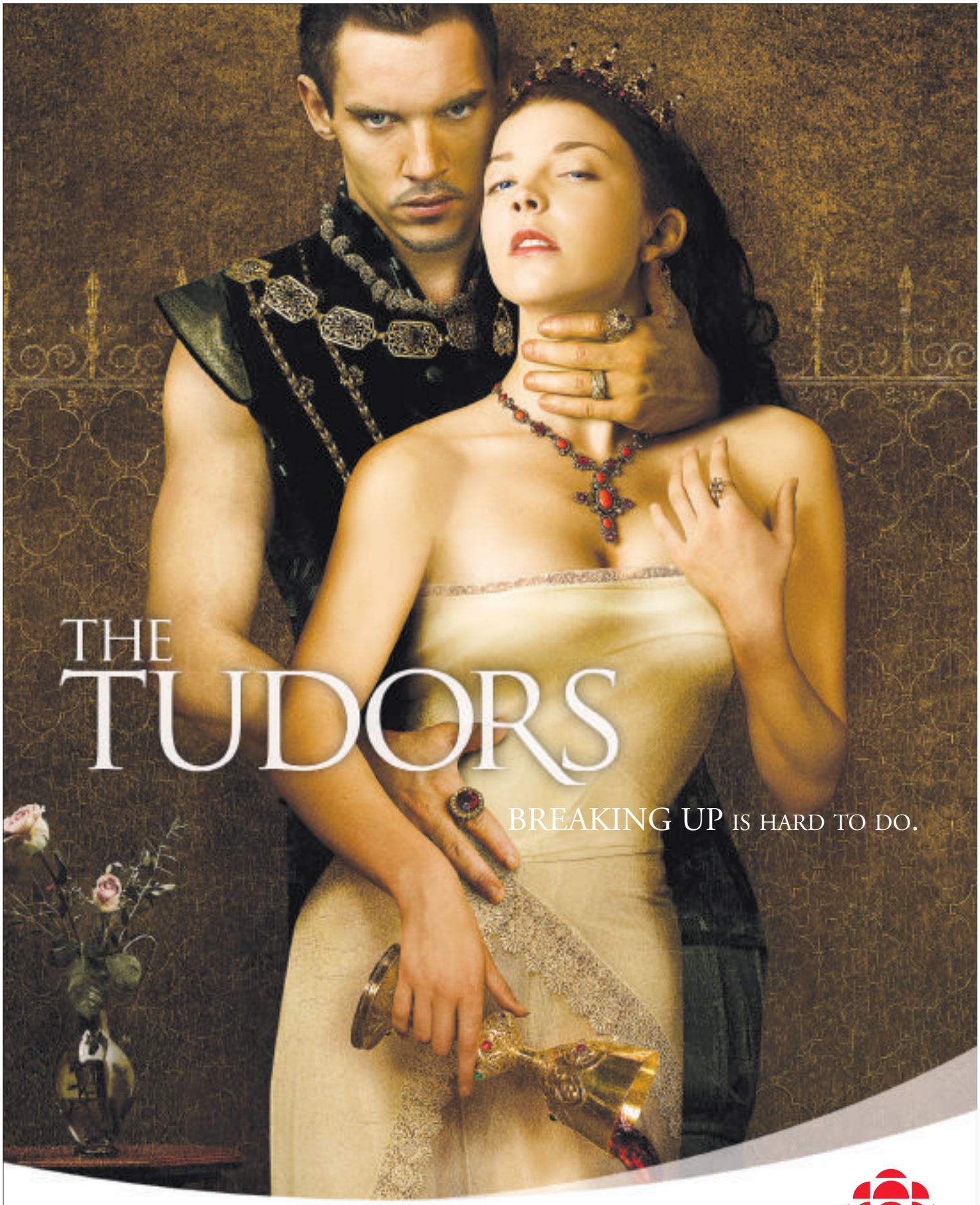

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300 sequel in the works

Zack Snyder has confirmed there will be a 300 sequel. The director, who helmed the movie adaptation of Frank Miller's graphic novel in 2006, has confirmed the author is penning and drawing a new story on which the film followup will be based. FEMALEFIRST.CO.UK

Entertainment

Treasure chest

Johnny Depp is to earn $56 million US for the fourth Pirates of the Caribbean film. The sum is reportedly the largest upfront payment in film history. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

DVD picks

You Don't Mess With the Zohan

Director: Dennis Dugan
Rating: 14A

ADAM SANDLER'S movies have become so drearily predictable that when he does something a little different, you can't help but smile. You Don't Mess With the Zohan is possibly the nuttiest thing he's ever done. Sandler plays an Israeli commando who yearns to be the new Paul Mitchell. Zohan decamps for New York for a new career in clipping and blow-drying, but his past follows him, in the person of nemesis The Phantom (John Turturro), a man so menacing he chugs glasses of live baby chickens.

TORSTAR NEWS SERVICE

Read our DVD reviews of The Happening and Up the Yangtze at metronews.ca

Signature sound

Nervous energy drives Born Ruffians

ROB MCMAHON
for Metro Canada

Born Ruffians aspire to stripped-down prog-rock that runs on rhythm.

Multiple time signatures, percussive guitars, vocal yelps and youthful energy are stitched into a seamless whole.

"At our best, hopefully, our songs sound like one fluid composition, even though we've written the parts at different times," said drummer Steve Hamelin. "I don't want to compare us to the Beatles, but they hide different time signatures in a song. Someone will be singing along and not notice that suddenly they are singing to 2/4 time."

Singer-guitarist Luke LaLonde plays guitar as rhythmically as Mitch DeRosier does bass and Hamelin drums. Parts bounce off one another, rather than blend together. The resulting instrumentation helps the group switch time signatures mid-song — clean, short and snappy, it allows mid-song leaps of musical faith without sounding grating.

"We always like to have wide spacious parts, since they allow us to interact," explained Hamelin. "It's a perfect way to switch time signatures without it sounding awkward."

Ideas are approached as challenges the Toronto-based trio conceives theoretically and works up to playing. Depending on the song, parts are written either in a jam, as the result of running with a happy mistake, or written in parts and then joined afterwards. For example, Hummingbird is melded from parts written separately, whereas Badonkadonkey flowed from one session.

"Sometimes we jam out ideas, but a lot of time, they come when someone's leading and makes a mistake and the others follow, and it ends up sounding good," said Hamelin.

Currently working on a follow-up to Red, Yellow and Blue, the band is harmonizing a little more. But while their singing may sound more melodic, the group's songs will retain their trademark mid-song switch-ups and nervous energy.

"People say our songs jump around a lot, and they say we're spastic and have musical ADD, but I don't think as people, we're spastic personalities," he said. "We're just worried that with only three instruments, if we do anything for too long, it gets boring."

In concert ...

- Richard's On Richards hosts Born Ruffians Friday.

PHOTO: HANDOUT

Born Ruffians are touring in support of Red, Yellow and Blue.

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Bacon working on John Wilkes Booth series
Kevin Bacon is ready to take aim at John Wilkes Booth. The actor is developing a series for Showtime about former U.S. president Abraham Lincoln's assassin. METRO NEWS SERVICES

ABOVE: Working behind the scenes in the "creative kitchen" at Arc2 Intertainment and the FMA gala are Ken Kirby, Tom Halford, Roderick Scobie and Curry Hitchborn.
RIGHT: Dressed in stewardess costumes, models Lorelei Lambert, left, and Sarah Shiu chat with ArcTV host Lisa Ciniglio at FMA.

RIGHT: Joyce Suen tries her hand at roulette at the Ronald McDonald House James Bond gala.
BELOW: Fashion designer to the stars Jason Matlo, right, and partner Tommy Gil-Martin make a grand entrance at the FMA gala.

BELOW: Global TV's Kristi Gordon and morning news anchor Steve Darling play hosts at the James Bond gala.

BELOW: Ronald McDonald House volunteers Lindsay Causey and Shannon Gibson play up the Bond theme.

ABOVE: Dressed as Bond girl and boy, Parisa Kasaei and Jeremy Irla help sell raffle tickets at the James Bond gala.

Celebrating in Bond style

It was a 25th anniversary celebration like no other this past weekend at the Rocky Mountaineer Station as guests gathered to toast the success of "the House the Love Built." McDonald House B.C. provides a safe, secure home away from home for seriously ill children and their families while they receive medical treatment in Vancouver at B.C. Children's Hospital. It is a haven for many who need the support and hospice this organization provides. Celebrating in James Bond style, the evening also featured play gambling tables and fabulous auction items, as well as amazing circus ribbon aerial performers. Congrats to all involved.

Also, wrapping up B.C. Fashion Week, the gang at Arc2 Intertainment celebrated with a gala extravaganza evening at the Centre for Performing Arts. FMA (Fashion Music Arts) Sky 360 recreated the old-fashioned glamour days of jet-set travel in support of the Canadian Make Poverty History campaign. Designers like Evan & Dean, Calvin Klein, Anna Kosturova, Agent Provocateur and Betsy Johnson were featured in an evening of glamour that continued well into the wee hours of the night.

SocialEyes
Catherine 'Cat' Barr
info@catherinebarr.com

Cat calls? Submit your event at catherinebarr.com. She can also be heard on 650 CISL AM Radio every Tuesday at 8:40 a.m.

Headmistress sues Winfrey

TV The former headmistress of Oprah Winfrey's South African school is suing the talk-show host for defamation, imdb.com reports.

Nomvuyo Mzamane, who led the South African Leadership Academy for Girls, filed a lawsuit in an attempt to salvage her reputation, according to People.

The suit claims Winfrey "launched what amounted to a defamatory campaign" against Mzamane by implying that Mzamane is "untrustworthy, failed the students of the academy, did not care about the students at the academy, knew of alleged physical and sexual abuse at the academy, and participated in a cover-up."

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10/7/08

	VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime		251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (N) (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
		255	358	6 JOY	E! News (N)	The Insider	The Biggest Loser: Families		Inside Hollywood (N) (CC)		Pam	Sunset Tan	News (CC)
		254	-	8 M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
		250	321	9 CTV	etalk (CC)	Hollywood	Dancing With the Stars (CC)		Criminal Minds (CC)		Law & Order (CC)		News (N)
		-	-	10 OMNI	Scrubs (CC)	According-Jim	Islam 101 (CC)		Jozi-H "Crush" (CC) (DVS)		The Daily	The Search	New Day
		252	336	11 GTV	Entertainment	ET Canada	House "Ugly" (PA) (CC)		90210 "Hollywood Forever"		Kitchen Nightmares (CC)		News (N)
		256	389	12 VI	Robson Arms	TMZ (N) (CC)	Pushing Daisies (N) (CC)		My Life Without Me ★★★ (2003, Drama) Sarah Polley.				News (CC)
		253	359	13 CITY	Law & Order: SVU		Chuck (CC)		Privileged (N) (CC)		NY-Hollywood	Friends (CC)	EP Daily
		-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "Hollywood Forever"		Privileged (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
		289	381	15 CBS	(6:00) Presidential Debate		NCIS "Capitol Offense" (N)		KIRO News	Entertainment	The Unit (CC)		News (N)
		287	379	16 NBC	(6:00) Presidential Debate		The Biggest Loser: Families		NBC News	News (N)	Evening Mag.	Inside Edition	News (N)
		602	568	19 W	Will & Grace	Friends (CC)	Coleen's Real Women		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
		288	380	21 ABC	Pres. Debate	Analysis	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (CC)		Problem Solver	Voter Guide	News (N)
		-	-	23 KVOS	M*A*S*H	Seinfeld	Hoodlum ★★ (1997) Laurence Fishburne, Tim Roth.				King	Still Standing	Scrubs (CC)
		291	383	27 PBS	(6:00) Presidential Debate		About-Money	Nova "Arctic Dinosaurs"		Krakatoa (CC)			P.O.V. (N)
		290	382	28 FOX	Two/Half Men	Two/Half Men	House "Ugly" (PA) (CC)		Cops (CC)	Cops (CC)	News (N) (CC)		Family Guy
		-	364	48 PBS	(6:00) Presidential Debate		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Arctic Dinosaurs"	
		296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
		298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Hollywood Forever"		Privileged (N) (CC)		KTLA Prime News (CC)		Friends (CC)
		295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
		297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
		199	311	16 STR	News (N)	News		Late Show-Letterman		ET Canada	Entertainment	The Biggest Loser: Families	
news		502	390	29 NW	(6:00) Presidential Debate		CBC News: The National (N)		CBC News: The National		Presidential Debate (Live) (CC)		
		500	500	33 CNN	Pres. Debate	Anderson Cooper 360 (CC)			Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports		407	419	22 RSP	MLB Baseball Division Series -- Teams TBA. (Live)						Sportsnet Connected		Sportsnet
		400	400	30 TSN	SportsCentre (Live) (CC)			In This Corner	Boxing Ricardo Mayorga vs. Shane Mosley. (CC)				SportsCentre
		411	457	49 OLN	Don't Forget Your Passport		Pilot Guides "Venezuela"		Don't Forget Your Passport		Survivorman (CC)		Angry Planet
		410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage		Final Score
		417	406	55 SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
		416	409	144 GLF	(6:00) Fútbol		Gol TV News		Kings Club	Kings Club	Paid Program	Kings Club	Gol TV News
family		552	543	25 YTV	Malcolm-Mid.	Home Imp.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
		555	545	50 TEL	George	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad	Chicken	Rick & Steve
		557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
		553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Big Comfy
cable variety		268	354	5 KNO	Gardens	Recreat. Eden	World of Albert Kahn		The Museum	Art	Coma Facts of condition.		
		575	583	20 CMT	Hope & Faith	Hope & Faith	Fortune's Favour		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
		570	580	24 MM	You Can Dance		Degrassi	Instant Star	Pimp My Ride	Technical Diff.	disBand	Video on Trial	Degrassi
		600	564	26 H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
		615	520	31 A&E	The Cleaner (N) (CC)		The Cleaner (CC)		The First 48 "Double Time"		The First 48 (CC)		The Cleaner
		628	584	42 SPKE	CSI: NY "Jamalot" (CC)		CSI: NY "Trapped" (CC)		CSI: NY "All in the Family"		Star Trek: Voyager (CC)		Bullrun (CC)
		521	560	40 TLC	Dr. G: Medical Examiner		My Shocking Story (CC)		Mystery Diagnosis (CC)		Dr. G: Medical Examiner		Medical
		616	522	39 SHO	About a Girl	About a Girl	The Best Years		Trailer Park	Trailer Park	The Shield "Game Face"		House (CC)
		620	523	40 BVO	Does Art Matter?: Election		Law & Order "Betrayal" (CC)		Without a Trace "Baggage"		Fatherland ★★ (1994) Rutger Hauer. (CC)		
		601	562	41 SLC	Tori & Dean: Home		Wedding SOS	In Laws	Rich Bride, Poor Bride (CC)		Tori & Dean: Home		Trading Sp
		520	505	42 DIS	Mighty Ships "Maersk" (CC)		Daily Planet (CC)		Destroyed	Destroyed	Mighty Ships "Maersk" (CC)		How It's Made
		522	506	44 HIS	NCIS "Sub Rosa" (CC)		The Real Da Vinci Code		The Real Da Vinci Code		NCIS "Sub Rosa" (CC)		Crime Stories
		627	528	45 SPC	Rabbit Fall	Star Wars	Stargate SG-1 "Ethon"		Lost "Numbers" (CC)		Star Trek: Deep Space Nine		Star Trek
		294	650	57 TBS	MLB Baseball Division Series -- Teams TBA.			MLB Post	The Office	The Office	Sex and-City	Sex and-City	U.S. Marshals
		619	525	48 TROP	Beverly Hills, 90210 (CC)		Planet Soap	What	Family Guy	Seinfeld	Seinfeld	King	Family Guy
		603	561	52 FN	Chef School	At the Table	Restaurant Makeover (CC)		Cereal Skylines (CC)		The F Word		Chef School
		626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Comedy Net	Daily Show
		320	621	60 CEN	Flags of Our Fathers ★★★ (2006, War) Ryan Phillippe. (CC)				(:15) Recount ★★★ (2008) Kevin Spacey, Bob Balaban. (CC)				Widow on Hill
		581	566	101 MTV	Paris Hilton's My New BFF (N)		MTV Live	After	Man and Wife	The Hills	Paris Hilton's My New BFF		MTV Live
		261	394	102 V	The Geometry of Love (CC)		MythQuest "Orpheus" (CC)		Bless-Father	On the Buses	Quantum Leap		Paid Program
		-	-	103 MUL	Matchmaker	Daughters	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Presidential Debate
"You're undecided now, so what are you gonna do?" That old song could be the theme of this second debate between Republican John McCain and Democrat Barack Obama. The questions are coming from voters who haven't decided which man is getting their vote for president. Even if you've already made up your mind, tune in and see how your guy stands up to scrutiny. Tom Brokaw moderates the debate, held at Belmont University in Nashville, Tenn. 6 PM on CBS, ABC, NBC, NW, CNN

The Tudors
It's Christmastime, and with Katherine (Maria Doyle Kennedy) out of the picture, Anne Boleyn (Natalie Dormer) has a gift for Henry (Jonathan Rhys Meyers). She wants to consummate their relationship, but Henry's pal Charles (Henry Cavill) has some dirt on the lady. On the political front, the king strips England's Catholic Church of its authority ... and its tax revenue. 9 PM on CBC

They do!
Former American Idol star LaKisha Jones married financial adviser Larry Davis on Sunday in Los Angeles. Davis proposed to Jones, whom he met through friends, in June. PEOPLE.COM

Celebrity Buzz

Lauren denies betraying pal

PEOPLE The Hills star Lauren Conrad is denying reports that she had a fling with Justin Bobby, the on/off boyfriend of her former roommate Audrina Patridge, usmagazine.com reports.

"I'm being accused of being a bad friend, a s— and a liar all at once. It would actually be funny to me if people weren't taking it seriously," Conrad says. "The worst thing is knowing that a friend, that I've known for years and even shared a home with, thinks that I'm capable of that kind of betrayal. I would never hurt a friend like that!"

PerezHilton.com reported that Patridge learned of the alleged hookup about a week ago, from one of Bobby's friends.

"Once again someone has mysteriously called Perez Hilton and had him post another insane and completely false rumour about me," Conrad blogged on her MySpace page.

"What kind of person would enjoy watching blogs and the press tear me apart?"

METRO NEWS SERVICES

Amy's guest list veers on lengthy side

MARRIAGE Amy Adams reers.

wants a huge wedding, femalefirst.co.uk reports.

The actress, who recently announced her engagement to Darren Le Gallo, her boyfriend of six years, wants to tie the knot in front of her entire family in a lavish ceremony.

"I'm one of seven kids — it was never going to be a small wedding!" she says.

Adams also revealed she and her aspiring actor fiancé are not competitive when it comes to their ca-

"Darren is not competitive with me at all. He has a wonderful talent and there aren't many people in the world who are like that, where he does not think that my success is his failure," she tells Vanity Fair magazine. "He just doesn't see it like that, and I don't either. If anything, he's probably a little more protective. He is very protective of other people's ownership of me."

METRO NEWS SERVICES

Keira pans unnecessary nudity

MOVIES Keira Knightley has never been shy about showing some skin in a movie, but if you ask her, it was all warranted and boosted the storyline, popeater.com reports.

"I certainly wouldn't do it if I wasn't (comfortable)," Knightley told Glamour magazine. "I detest unnecessary nudity and what it says about women in society. I think you see a lot of films where, Oh, yes, the woman gets her t— out again and runs around naked for no reason. And you kind of go, 'Ugh, do we have to?' "

One thing Knightley says she won't talk about, however, is her love life.

"I never say anything about who I date or who I don't date, and there I've made one statement and I'm not going to make another one."

METRO NEWS SERVICES

Calista reveals battle in returning to work

PEOPLE Calista Flockhart reportedly fell apart when she gave up her role as a full-time mother to return to acting, imdb.com reports.

After raising son Liam from infancy, the former Ally McBeal star returned to the small screen in 2006 to star in Brothers and Sisters.

"All of a sudden, I wasn't home to pick Liam up from school, and I realized it wasn't really OK, and I wasn't happy, and I was scratching my eyes out," Flockhart tells C Magazine. "I couldn't believe I'd put myself in this situation."

Flockhart was grateful she had boyfriend Harrison Ford to fall back on, as the actor became a full-time dad.

"(I) was very comforted knowing that Harrison was there. He really stepped up and became a stay-at-home dad," she says.

METRO NEWS SERVICES

Jay-Z splashes out on ring

MARRIAGE Rapper Jay-Z spent $4.3 million US on singer Beyoncé Knowles' wedding ring, femalefirst.co.uk reports.

Although the couple married in a secret ceremony in April, Beyoncé had so far refused to show off the band until she was seen on a Miami beach with her sister Solange last weekend.

The ring is believed to be from the jewellers Schwartz.

Mohammed Cimark, who runs Precious Gems and Jewels in London, confirmed the huge octagon-cut diamond is a rarity.

"If it is 18 carats then it's a lovely size, an exceptional diamond. It's clearly a premium stone," he says.

METRO NEWS SERVICES

Humour wins over Robin

RELATIONSHIPS Sean Penn wooed his wife Robin Wright Penn on their first date, by making her laugh in a ridiculous outfit, imdb.com reports.

"I walked in, the door was ajar," she says. "We were going to dinner. He said, 'I'll be right in.' Five minutes later, he came in wearing cowboy boots, a jock strap, a pit helmet and a bow tie. I think that's probably why I'm with him, because I'd never seen that on a first date before."

METRO NEWS SERVICES

celebrity brief

Paris plans to have kids soon

FAMILY Paris Hilton has babies on the brain, People.com reports.

"I definitely want three or four (children)," the socialite said in Las Vegas Saturday night, while partying at Pure Nightclub for her sister's birthday.

The youngsters may be arriving sooner rather than later too.

"Soon," Hilton says, with respect to a timeline. "Maybe a year or two."

In the meantime, Hilton is just enjoying domestic life with her boyfriend Benji Madden.

"We just had our seven-month anniversary," she says. "We are just so happy."

METRO NEWS SERVICES

celebrity brief

I'm not overtly sexy, Victoria says

PEOPLE Victoria Beckham seems to be suffering from low self-esteem after having moved to Los Angeles, saying she feels out of place among the beautiful people and looks "a bit off," orange.co.uk reports her as telling Glamour magazine.

"I know I'm not overtly sexy to men. I'm just not one of those women," the former Spice Girl says.

However, Beckham adds that she deals with her self-doubt by being "very in touch with my spiritual self" and realizing she's "a girl who made the best of herself."

METRO NEWS SERVICES

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Thursday Mainly sunny 12° / 6°

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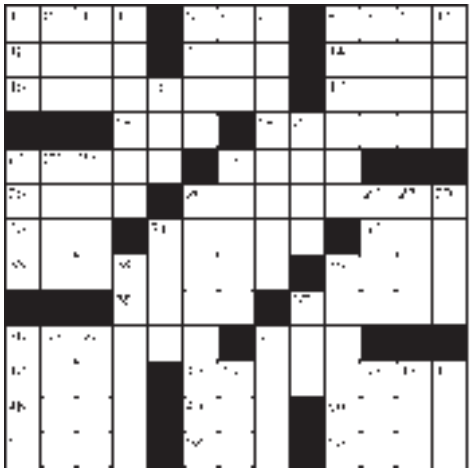


Crossword across

1 Junk in the in-box
5 Stir-fry pan
8 Greet the villain
12 Operatic showstopper
13 Rage
14 Reverberate
15 "Yellow" band
17 Horse of a different color?
18 Scoundrel
19 Cognac, e.g.
21 Lieu
24 Brat's stocking stuffer
25 "— Fiction"
26 Make like a caught possum
30 Recede
31 10 million rupees
32 Sticky stuff
33 Jerry Garcia fan
35 Lion's pride?
36 Feeble
37 Autumnal quaff
38 Dramatist Molnar
41 Swindle
42 Satan's field
43 Winter woe
48 Snitch
49 Mess up
50 Squared away
51 War god
52 Urban scurrier
53 Information

Crossword down

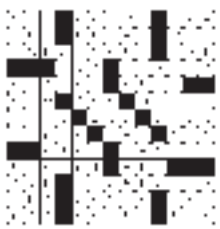
1 Pouch
2 Expert
3 Have 43-Across, maybe
4 Capricious and reckless
5 Untamed
6 Feast-famine link
7 PC requirement
8 Boston news-paper
9 Pic to click
10 Roe provider
11 PlayStation maker
16 Cushion
20 Bygone comic Martha
21 Raced
22 Toothpaste holder
23 Exile isle
24 Mantle
26 Pulpit VIP
27 "Zounds!"
28 Top-notch
29 Active person
31 "Big Brother" host Julie
34 Resides
35 Chopped finely
37 Cape —
38 Greek cheese
39 Always
40 Anger
41 Wagon
44 Historic time
45 Eggs
46 Allow
47 "CSI" evidence

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	5		4		2		6	
7			3		8			2
	9			6			1	
		7				8		
9	6						7	3
		5				9		
	7			2			3	
6			5		7			4
	1		6		4		2	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	4	8	1	3	2	5	9	7
3	9	5	7	6	4	1	2	8
7	1	2	5	8	9	6	4	3
9	8	3	2	5	7	4	6	1
1	2	7	6	4	3	8	5	9
4	5	6	9	1	8	7	3	2
8	3	1	4	2	6	9	7	5
5	7	4	3	9	1	2	8	6
2	6	9	8	7	5	3	1	4

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Sweet Potato Soup

INGREDIENTS:
2 tbsp (25 mL) olive oil
2 cloves garlic, minced
1 large onion, chopped
1 red bell pepper, seeded and chopped
1 tsp (5 mL) ground ginger
1 tsp (5 mL) allspice
4 cups (1 L) low-sodium vegetable or chicken broth
2 large sweet potatoes, peeled and cut into 1-inch (2.5-cm) pieces
1 can (19 oz/540 ml) diced tomatoes
1/2 cup (125 ml) natural peanut or almond butter
1 package (16 oz/450 g) frozen shelled edamame
5 oz (150 g) baby spinach

METHOD:
1. Heat oil in a large saucepan over medium-high heat. Add garlic, onion and bell pepper and cook until lightly browned, 5 minutes. Add ginger and allspice and cook for 1 minute.
2. Stir in broth, sweet potatoes and tomatoes, and bring to a boil. Reduce heat to low, cover, and simmer until potatoes are just tender, 15 minutes.
3. Place peanut butter in a small bowl. Whisk in about 1 cup (250 ml) of the simmering broth. Return to pan and add edamame and spinach. Cook until edamame is cooked through, 10 minutes.

PER SERVING:
405 calories, 20 g protein, 40 g carbohydrates, 10 g fiber, 20 g total fat, 3 g saturated fat, 0 mg cholesterol, 303 mg sodium

SERVES 6

rd.ca
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Reader's Digest

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You'll understand irresponsible behaviour after a chat. You'll demand that maturity be shown. Your great work will lead to financial rewards.

TAURUS
APRIL 21-MAY 21
Friction with a crook will result from restlessness. A visitor will complain about a commotion. A loved one will soon be in the news.

GEMINI
MAY 22-JUNE 21
A reckless simpleton is absent minded. There's an abundance of tension in the air. Be patient with a romantic person.

CANCER
JUNE 22-JULY 22
Others will seek you out for bizarre ideas. Foster optimism about a deeper commitment. Don't be cranky when you lose a game.

LEO
JULY 23-AUG 23
It's important to have a discussion with an old friend. A message will make you reach for the right person. Someone's objection will cause resentment.

VIRGO
AUG 24-SEPT 22
Progress is made after guilt wastes everyone's time. Someone is trying to take advantage of you. Don't go against your better judgment.

LIBRA
SEPT 23-OCT 23
Others will ask you for advice. You'll surprise yourself. Information about a job will reduce your uneasiness.

SCORPIO
OCT 24-NOV 22
Embarrassment results from stubbornness. Keep a steady hand in a new situation. A confining relationship causes a dishonest reaction.

SAGITTARIUS
NOV 23-DEC 21
Detours will make you grit your teeth. You'll achieve recognition for your efforts. An admiring friend will create a stronger rapport.

CAPRICORN
DEC 22-JAN 20
An absurd puzzle is solved by making a fresh approach. An ailing friend is like putty in your hands. Bite your tongue when someone irritates you.

AQUARIUS
JAN 21-FEB 18
You'll jump when money comes unexpectedly. Concentrate on forging full-steam-ahead. A difficult person will do something delightful.

PISCES
FEB 19-MARCH 20
A family intervenes to save a relative from doom. A trickster will cause a terrific quarrel. You'll have to amuse a disagreeable person.

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